

Do these and your sleep quota will go down - Sadhguru about methods of Managing Energy.



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-how do we get energized?

-During 25 years I slept 2.5 to three hours a day.

-Eating and sleeping consciously

-Food may be tasty but if it's not alive enough I will not consume

-if you just conscious of this one thing you will see your sleep quota will go down.

-most people are eating hundred percent more than what they need to eat

-you're eating more by compulsion of liking the taste or simply by compulsion of filling yourself up

-the body has to process so much food to create so much energy this extra processing is taking a toll on the system.

-even if you simply sit here with your eyes closed, you remain in a dynamic way you never become static

-where is the time to live?

-keep your energies in an exuberant way.

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Sadhguru's books:

Adiyogi: The Source of Yoga: <https://amzn.to/2lBjXyi>

A Yogi's Guide to Joy: <https://amzn.to/2KaGd0D>

<https://www.amazon.com/shop/onepath>

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with English subtitles (@For many people its the way to better understand the teachings, with great love [#OnePath](#) @)

Yogi, mystic and visionary, Sadhguru is a spiritual master with a difference. An arresting blend of profundity and pragmatism, his life and work serves as a reminder that yoga is a contemporary science, vitally relevant to our times.

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